

ELKRIDGE 50+Center

December 2021



**6540 Washington Blvd
Elkridge, MD 21075
410-313-5192**

Center Email
elkridge50@
howardcountymd.gov

Monday - Friday
8:30am - 4:30pm
Fitness Equipment Room
8:30am - 4:00pm

50+ Center Hotline
410-313-5400

Newsletter Online
www.howardcountymd.
gov/elkridge50

Volunteer Website
www.hocovolunteer.org

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Howard County
50+ CENTERS
Be enriched, engaged, connected. Grow.



Hello December, a time to remember and share in the warmth of the holidays. Happy Hanukkah, Merry Christmas and Happy Kwanzaa to one and all! Take in the joy of the of the season, as we gather, learn, and celebrate all month long! Possibilities include:

- * Crafting Poinsettia pots and pretty paper snowflakes
- * Giving holiday recipes a makeover
- * Creating spa treats for giving (or keeping!)
- * Learning about the stars
- * Sipping mocktails with fresh herbs while learning how herbs may reduce inflammation
- * Lunching on holiday fare and listening to live music
- * Warming up with a cocoa bar and catching up with Officer Bill Kreitzer
- * Settling in for a time-tested holiday movie
- * Sharing laughter, playing games
- * Looking out for the birds

Face masks are required upon entry and throughout all common areas in County buildings including the 50+ Centers. Thank you.

Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-5192** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

GENERAL INFORMATION

50+ Center Staff

Jeannie DeCray, Director

jdecray@howardcountymd.gov
410-313-5175

Jodi Bargamian, Assistant Director

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410-313-5174

Jean Wehner, Front Desk

jwehner@howardcountymd.gov
410-313-5192

Nakear Frazier, Program Assistant

Nafrazier@howardcountymd.gov
410-313-5173



Inclement Weather Policy

For the operating status of the Center, call the inclement weather status line at 410-313-7777, visit the County website or call the Center Front Desk. If Howard County Public Schools are delayed or closed:

- 1-hour delay, Center will strive to open at 9:30am
- 2-hour delay, Center will strive to open at 10:30am. All classes and programs before 11am are canceled.
- Closed, Center will strive to open at 10:30 am. All classes and programs are canceled.

Status Line will be updated at 7am, 12pm and 3pm.

How can I get the newsletter sent to my inbox?

Just click on this link to sign up in Constant Contact. https://visitor.r20.constantcontact.com/manage/optin?v=001_BS31v9uBHpi2tMLUbdwGVlv7eYKcnSrl04XkPw6FipDpjD1ypeclR3ULyzdUv94jSMSkmjNI2P-2H7jaBbgRr_ppPVM-pPinwMkoI0TwZ0%3D

Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front desk to assure that your membership is current. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**



Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to **Howard County Director of Finance**. Online registration can be done via the ActiveNet website:

<http://apm.activecommunities.com/>

Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

ADJUSTED HOURS OR CENTER CLOSURES

Friday, December 24 - Christmas Holiday
Friday, December 31 - New Year's Holiday

DECEMBER AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9 Walking Club 10 Wii Bowling 10 Advanced Beginner Yoga \$ 10 Legal Aid 11 Holiday Crafting 1 Better Balance \$ 2 Arthritis Exercise \$	2 9 Walking Club 9 Nutrition Consults 10 Watercolor Class \$ 11 Nutrition Education: Holiday Recipe Makeover 1 Book Club (Virtual)	3 9 Walking Club 10 Yoga \$ 11 Bingo 2 Game Time
6 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Think Positive 1 Better Balance \$ 2 Arthritis Exercise \$	7 9 Walking Club 9 AgeWell \$ 11 Knitting Club 11 Spa Treats 1 Bridge Club	8 8:30 MAP 9 Walking Club 10 Wii Bowling 10 Advanced Beginner Yoga \$ 1 Better Balance \$ 2 Arthritis Exercise \$	9 9 Walking Club 9 AgeWell \$ 10 Watercolor Class \$ 11 Thursday Tech Time	10 9 Walking Club 10 Yoga \$ 11 Astronomy with Bob Savoy 2 Game Time
13 9 Walking Club 9:30 Korean Calligraphy \$ 10:30 Asian Brush \$ 11 Strength/ Tone \$ 11 Think Positive 1 Better Balance \$ 1 Herbs and Inflammation Mocktails Served 2 Arthritis Exercise \$	14 9 Walking Club 9 AgeWell \$ 11 Knitting Club 1 Fitness Consults \$ 1 Holiday Party Motown & Holiday Musical Performance and Lunch (by donation)	15 8:30 MAP 9 Walking Club 10 Wii Bowling 10 Advanced Beginner Yoga \$ 11 Officer Kreitzer & Cocoa Bar 1 Better Balance \$ 2 Arthritis Exercise \$	16 9 Walking Club 9 AgeWell \$ 10 Watercolor Class \$ 11 Thursday Tech Time 1 Holiday Movie	17 9 Walking Club 11 Bingo 2 Game Time
20 9 Walking Club	21 9 Walking Club 11 Knitting Club 1 Bridge Club	22 8:30 MAP 9 Walking Club 10 Wii Bowling	23 9 Walking Club 10 Family Feud Game with Nakear 11 Thursday Tech Time	24 Center Closed 
27 9 Walking Club 	28 9 Walking Club 11 Knitting Club 1 Bridge Club	29 8:30 MAP 9 Walking Club 10 Wii Bowling 11 For the Birds Crafting project	30 9 Walking Club	31 Center Closed 

ONGOING PROGRAMS

Please reserve your spot for all programs with a front desk staff person.
Thank you!

Think Positive Group

Monday, 11am-12pm, 10/18-12/13

This Seniors Together program invites you to engage in discussion and activities designed to help encourage positive thinking and create joy. For more information or to register call 410-313-5192. Free.

Bridge Club

Tuesday, 1-4pm (No Bridge 12/14)

Enjoy casual drop-in bridge. Have fun, exercise your brain and socialize with fellow bridge players. Some bridge playing experience is required. Free.

Knitting Club

Tuesday, 11am-12pm

Enjoy the company of fellow knitters as you knit, crochet, or work on needlework projects. The group participates in several charitable knitting projects as well. Free.

Legal Aid

First Wednesday, 10am-4pm

Maryland Legal Aid provides free basic legal direction to our 50+ members. Service covers: family law, public benefits, consumer law, housing issues, and elder law. Free.

Maryland Access Point in Person (MAP)

2nd, 3rd, 4th & last Wednesdays, 8:30am-4pm

Don't know where to turn for resources in Howard County? Our MAP professionals are here to listen and provide information for your real life questions. Free.

Wii Bowling

Wednesdays, 10-11am

Drop in for an hour of engaging virtual bowling! Enjoy team or individual play! This is a super fun and easy way to move a little and socialize a lot! The smiles are guaranteed, the strikes are up to you! Free.

Book Club

Thursday, December 2, 1-2pm (Virtual)

A good book can change our perspective and broaden our horizons. Join us for conversation and connection! For December 2nd in honor of Pearl Harbor, we will cover **Countdown to Pearl Harbor: The Twelve Days to the Attack** by Steve Twomey. For January 6, we will discuss **His Truth is Marching On: John Lewis and the Power of Hope**, by Jon Meacham

Thursday Tech Time

Second, Third & Fourth

Thursday

11am-12pm

Puzzled about new technology? Want to learn more about your smart phone, tablet or laptop? Register for a free 20 minute session with a volunteer. Bring your device. Registration required. Free.



Bingo

First & Third Friday, 11am-12:30pm


Enjoy bingo and play for simple prizes and fun with all your Center friends. Free.

Game Time

Friday 2-4pm

Find some Friday fun playing board games and cards in the lounge. Free.

2021 Virtual 50+ EXPO






Join us online! Speakers, Classes, Entertainment, and 100+ Exhibitors

MARK YOUR CALENDAR

RUNS NOVEMBER 1, 2021, THROUGH JANUARY 21, 2022

— www.thebeaconnewspapers.com for details —



EVENTS CLASSES AND PROGRAMS



For just \$75/year, Go50+ members can use the fitness equipment rooms at three 50+ Center locations: ElkrIDGE, Ellicott City and Bain 50+ Centers, as well as in the Glenwood, N. Laurel, and Roger Carter Community Centers. Those needing a brush-up on how to use the exercise equipment can view a video at: <https://www.youtube.com/watch?v=8KyvEPCNJZ8> If you need an update on the status of your Go50+ membership or would like additional information, call the Center at 410-313-5192.

**The Fitness Equipment Room is open
Monday - Friday 8:30am-4pm.**

Fitness Equipment Orientation Monday 3:15-3:45pm

Learn how to safely use the cardio and strength equipment with guidance from a fitness professional. Register at the front desk for an overview of the fitness equipment room. Free.

**Please reserve your spot for all
programs with a front desk staff person.
Thank you!**

Korean Calligraphy Monday, 9:30-10:30am 10/4-12/13 \$85 for 10 classes A05525.600

Korean calligraphy, also known as Seoye, is the Korean tradition of beautiful artistic writing. Learn about how to create beauty with language. Taught by, Chung Sook Kang.

Asian Brush Art Monday, 10:30am-12pm, 10/4-12/13 \$106 for 10 classes A05524.500

Create a beautiful piece of art, using special brushes and techniques. Learn this fantastic art form! Taught by, Chung Sook Kang. Supply list at the front desk.



Watercolor Class Thursday, 10/14-12/16, 10am-12pm \$27 for 8 classes A05500.500

Learn the basic techniques of watercolor painting with artist/instructor, Gary Peddicord. The first class will cover pocket sketching. This technique can be used anywhere to capture an image to which you may later add watercolor paints. For questions or to register, call 410-313-5192.

Holiday Crafting Wednesday, December 1 11am-12pm

Have some fun with Jodi and Nakear crafting and creating holiday cheer! Learn to make pretty Poinsettia pots and decorative paper snowflakes. Free.



Nutrition Education: Holiday Recipe Makeover Thursday, December 2 11am-12pm

Nutritionist Carmen Roberts will show you how to make your favorite holiday recipes with a healthy nutritious twist. Feel free to bring your favorite recipes so that we can discuss how to give them a healthy delicious makeover! Free.

EVENTS CLASSES AND PROGRAMS

Spa Treats

Tuesday, December 7

11am-12pm

Relax, refresh, recharge! Craft some lovely gifts to give. Maybe they will be so lovely, you will be tempted to keep them, and pamper yourself! Join Jodi and learn how to make soothing eye masks, relaxing bath salts, and a super sweet sugar scrub. Take time to practice self-care with this crafty approach to pampering. Free.

Astronomy with Bob Savoy

Friday, December 10

11am-12pm

What are Black Holes, anyway? We know how some Black Holes form. We know a little about what they do. And, there's a whole lot we don't know. Join Bob Savoy as he takes on a journey to understanding the current science around one of the most fascinating aspects of astronomy; Black holes! Let's explore! Free.

Fresh Conversations:

Inflammation and Fresh Herbs

(with complementary mocktails!)

Monday, December 13

1-2pm

Sip and savor mocktails made with fresh herbs while you learn more about how herbs may reduce inflammation.

Karen Basinger, from the UMD extension program, provides valuable nutrition information on the impact fresh herbs have on inflammation. Hear how adding herbs may have healthy benefits for you. Free.



Holiday Celebration

Tuesday, December 14

12:30-3pm

Lunch by donation

Celebrate the season with your center friends! Savor a delicious holiday luncheon (by donation) followed by the melodic medley of Motown sounds and favorite holiday songs provided by local performer Thomas Anthony. Space is limited. Please register at the front desk: 410-313-5192.

Police Talk and Cocoa Bar with Officer Bill Kreitzer

Wednesday, December 15

11am-12pm

Sip some cocoa from the cocoa bar as you get the latest on local police holiday safety and security tips from Officer Kreitzer. Free.



Holiday Movie

Thursday, December 16

1-3pm

How about some popcorn, friends and a favorite holiday movie? Settle in; ***It's A Wonderful Life*** is showing! Enjoy that warm and fuzzy holiday feeling. Free.

Family Feud Game

Thursday, December 23

10-11am

Fun and laughter are sure to be on the board as Nakear leads us in a game of Family Feud, Elkridge style! Free.

Crating for the Birds

Wednesday, December 29

11am-12pm

Join Jodi and make a fine treat for our outdoor feathered friends. Hang your treat and see who comes by to eat! Free.

EVENTS CLASSES AND PROGRAMS

Always Available

Fitness Counseling

Second Tuesday 1-4pm

\$15 per 30-minute session

Get support and guidance from Malarie Burgess, Exercise Specialist, to establish a personalized fitness program that considers the recommendation of a health care provider, participant goals, and fitness assessment results. These counseling sessions are ideal if: you never exercised, been told by a provider to become more active, or for those returning to activity after being discharged from therapy. Register at the front desk.

Nutrition Consultations

First Thursday, 9-11am

Registered Dietitian, Carmen Roberts, is available for nutrition consultations for members 60+. During this 30-minute session, she can answer questions about diet, nutrition, and the impact of food on your health. Register at the front desk or use the ActiveNet link

https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=virtual%20nutrition&viewMode=list



Coming soon!



Registration for January, February and March classes will be available starting December 3.

Dr. Cheema of Mercy Personal Physicians of Columbia

Thursday, January 13

12-1pm

Join Dr. Cheema, a primary care and internist physician with Mercy Hospital for information and discussion. Dr. Cheema will explain why it is so important to keep your medical appointments in today's world. Dr. Cheema will answer questions and take note of the topics you want her to cover in future sessions. Free.

Fresh Conversations

Fuel Your Independence with Protein

Monday, January 10

1-2pm

Join Karen Basinger, from the UMD Extension program, as she explains why we need protein, the health benefits of protein, and how much we really need for healthy aging. Free.

Swag Swap

Wednesday, January 26

11am-12:30pm

Tis the season for cleaning out your closet. Bring five of your gently used swag items (scarves, purses, jewelry) and swap the for five "new" pieces. See the front desk for information on registration and guidelines to participate. Free.

Disclaimer:

"Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior and 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors."

EXERCISE AND FITNESS

Arthritis Exercise Class

A05404.500

Monday & Wednesday, 2-3pm

\$67 for 21 classes, 10/4- 12/15

Improve strength, flexibility and balance with this exercise program that is easy on the joints. Help manage discomfort with gentle range-of-motion movements. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.)

AgeWell

A05201.500

Tuesday & Thursday, 9-10am

\$61 for 19 classes, 10/5-12/16

No class 12/2

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to feel your best. Classes are conducted in the ElkrIDGE 50+ Center and are co-sponsored by the Howard County General Hospital. For more information or to register, call 410-313-5192

Better Balance

A05205.500

Monday & Wednesday, 1-2pm

\$67 for 21 classes, 10/4-12/15

This class has been proven effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. A pre-screening is required prior to enrolling. Please contact Malarie Burgess at 410-313-6073 to schedule an evaluation or to learn more. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.)

Strength and Tone

A05408.500

Monday, 11am-12pm

\$48 for 9 classes, 10/4-12/13

No class 12/6

Enhance full body strength and tone in this class using weights, bands, balls, and body weight exercises.

Yoga: Advanced Beginner

A05453.500

Wednesday, 10-11am

\$58 for 9 classes, 10/6-12/15

Work on strength and stamina by holding poses for longer periods. This class also has some flow and breath work elements. Bring your own mat.

Yoga: Gentle

A05452.500

Fridays, 10-11am

**\$64 for 10 classes,
10/1-12/10**

Learn basic yoga poses. Enjoy breathing and relaxation techniques. Benefits include: greater flexibility, improved strength, energy, concentration, clarity and overall health. Bring your own mat.



Walking Club

Monday- Friday

9-10am, Meet Outside

Weather permitting, join fellow members for a daily 1-2 mile neighborhood walk. Socialize in the lounge after the walk. Free. Meet at the center.

Friday, members may meet at the Patapsco Valley Park Avalon entrance.